

HIGHLIGHTS

October 2003

A Children & Youth Services Newsletter for Volunteers & Mentors of CYS-Project Together

Vol. XVIII, No. 10

One for the Kids

Here is an easy way to donate needed items to the CYS-Project Together Resource Center, which benefits CYS clients and their families in need. Next time you purchase bulk items like toothbrushes, toothpaste, combs, brushes, soap, hair clips, nail care products or other grooming items, donate one of the items to the CYS-PT Resource Center. This can also work for "2 for 1" coupons. Keep one of the items purchased and donate the second item to the Resource Center.

If you have a donation for the CYS-PT Resource Center, or would like more information, please call 714-796-0100 or email mmurphy@hca.co.orange.ca.us.



It's a CakeWalk

Melissa Robles, a mentor candidate with CYS North Region, volunteered to assist with activities, including a CakeWalk, at the recent CYS-Project Together Annual Picnic at Mile Square Park. Look inside this issue for more photos of the fun-filled event.

Mentor Wendy Callahan Made A Difference

Wendy Callahan initially heard about the CYS-Project Together mentoring program through a professor at Golden West College in Huntington Beach. She wrote on her mentor application that she wanted to become a mentor to "make a difference with those who did not have an adult to support them, and to give back what I was given in my life."

In October of 2002, Wendy had an opportunity to do just that when she was matched with a pre-teen child who was selectively mute. According to Western Youth Services Program Manager, Annette Cantanese, LCSW, who supervised the case, "this was a huge endeavor compared to other cases being matched. She (Wendy) was extremely positive and enthusiastic about this challenge, and was very patient with the situation."

According to the therapist, the child did not speak in school and had limited verbalization with peers. Due to her isolating behavior, she also did not have friends. However, this did not deter Wendy, and she quickly befriended the child. In fact, she was the child's only friend. From the beginning of their relationship, Wendy's positive attitude and presence encouraged the child to engage with her and be verbal.

Wendy's experience as a model and actor may have prepared her to work effectively as a mentor to this child. According to the therapist, Wendy

was able to model social skills and behavior that the child could emulate.

Since she wanted the child to know the benefit of having friendships, she introduced the child to her own friends.

"When Wendy decided she wanted something, she threw herself into it completely and with an open heart and mind," according to Sarah Rineer, Wendy's closest friend and former CYS-Project To-

gether mentor.

Wendy had the innate ability to engage the child in activities, as well as introduce her to social situations, according to the child's therapist. Although the child's anxiety and fear of the world continued, she felt safe when she was with Wendy.

Wendy and the child officially said "goodbye," to the CYS-Project Together

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October 2003 Calendar of Events

The CYS-Project Together Calendar is a collection of affordable, fun, wholesome and interesting events that can be enjoyed by children, teens and adults.

Friday, Saturday & Sunday
Oct. 3, 4 & 5
Tustin Tiller Days
Columbus Tustin Park
17522 Beneta Way @ Prospect Street
Tustin
(714) 544-7725

Celebrating Tustin's agricultural heritage since 1957, the Tiller Days event features food, entertainment, information booths and a carnival.

Time: Friday 4-11 p.m.
Saturday 11 a.m.-11 p.m.
Parade at 10 a.m.
Sunday Noon-8 p.m.

Cost: Free

Saturday, Oct. 4
Naturalist Walks*
Upper Newport Bay Reserve
2301 University Dr.
Newport
(714) 973-6820

Join the naturalist at Shellmaker Island for a 2-hour nature walk around the bay. Bring binoculars and sunscreen. No reservations required.

Time: 9 a.m.

Cost: Free

Saturday & Sunday
Oct. 4 & 5
Huntington Beach Sand Castle Festival
Pacific Coast Highway & Main
Huntington Beach
(714) 969-3492
www.saveourbeach.org

Fifty teams will compete and artists will create a spectacular 60-foot dragon for this first annual event to benefit "Save Our Beach."

Time: 10 a.m.-7 p.m.

Cost: Adults	\$5
Children	\$1

Saturday & Sunday
Oct. 4 & 5
Huntington Beach Pro/Junior
Surge Series Championships
South Side of Pier
Pacific Coast Highway & Main
Huntington Beach
(714) 596-5019
United States Surfing Federation sanctioned event

Time: Check website @
www.hbsurfseries.com

Cost: Free

Saturday, Oct. 11
Speedway Nationals
Orange County Fair & Exposition Center
88 Fair Dr.
Costa Mesa

Time: 5:30 p.m.	
Cost: Adults	\$17
Children	\$8

Saturday, October 18
Silent Movie Comedies
Rancho Santa Margarita Library
30902 La Promesa
Rancho Santa Margarita
(949) 459-6094
Local silent film enthusiast Jeff Calof will present classic "shorts" from "The Golden Age of Comedy" at Rancho Santa Margarita Library. Prior to each short, a brief commentary on the respective artists and their works will be provided.

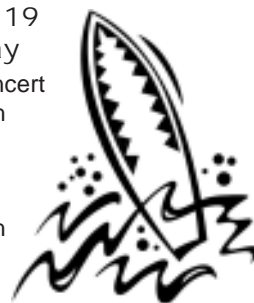
Time: 11 a.m.

Cost: Free

Saturday & Sunday
Oct. 18 & 19
Computer Fair
Orange County Fair & Exposition Center
88 Fair Dr., Building 14
Costa Mesa

Time: 10 a.m.-5 p.m.	
Cost: Adults	\$5
Children under 10	Free

Sunday, Oct. 19
Surfin' Sunday
Surfing Band Concert
Huntington Beach
International
Surfing Museum
411 Olive St.
Huntington Beach
Time: 1-3 p.m.
Cost: Free



Saturday, Oct. 25
Super Auctions
Orange County Fair & Exposition Center
88 Fair Dr., Building 14
Costa Mesa
(562) 592-1009
Time: 8 a.m.-10 p.m.
Cost: Free

Wednesday, October 29
Minikin Puppets in
"Freaky Follies"
Dana Point Library
33841 Niguel Road
Dana Point, CA. 92629
(949) 496-5517

The performance, for all ages, combines music, comedy, and ventriloquism in a fun-filled salute to the silly side of the season. Children are encouraged to come in costume for the evening's festivities, and the Annual Costume Parade.

Time: 7 p.m.

Cost: Free



Thursday, Oct. 30
Family Story Time
Santa Ana Public Library
26 Civic Center Plaza
Santa Ana
(714) 647-5250
www.ci.santa-ana.ca.us/library

Time: 6:30 p.m.

Cost: Free

Thursdays
Oct. 30-Dec. 4
After School Club
Tustin Public Library

345 E. Main St.
Tustin
(714) 544-7725

This is a special program for children ages 6 to 12 and will begin with a Halloween Craft Program Oct. 30. Please sign up in advance.

Time: 3:30-4:15 p.m.

Cost: Free

Thursday, Oct. 30
Trick or Treat
Through the Streets
Chapman & Glassell
Orange
(714) 744-7278

Kids up to 14 years of age meet at the Plaza in Old Town Orange in costume.

Time: 4-7 p.m.

Cost: Free

Friday, Oct. 31
Halloween Howl
Columbus Tustin Activity Center
17522 Beneta Way
Tustin

There will be a costume contest, bounce house and music.

Time: 3-5 p.m.

Cost: Free

Friday, Oct. 31
Hullabaloo
Family Halloween Event
Orange County Fair & Exposition Center
88 Fair Dr. at Festival Grounds
Costa Mesa
(949) 548-2600

Time: 5-9 p.m.

Cost: Free



**Mentors may use the Harbors Beaches & Parks passes for entry and parking at County of Orange facilities. Special events may have an additional fee.*

There's More Than One Way to Hug a Child...

The staff and clients of Children and Youth Services (CYS) and CYS-Project Together deeply appreciate the wonderful support provided by many local businesses and organizations. Our affiliation with the Mental Health Association of Orange County allows us to accept and distribute community resources that are an important asset in the therapeutic process for all the children we serve. Each month, we extend our thanks and give recognition to our caring donors.

James and Dena Anderson
Anaheim

Smith Barney Citigroup
Orange

Bill Reed
Brea

Statek Corporation
Orange

Nancy Decker
Placentia

Rembrandt's Employees
Betty Beach
Ms. Harris
Paul Kelly
Barbara Jacobson
Lisa Townsend
Jack and Friends
Jennifer
Sally
Placentia

Faye Knowlton
Yorba Linda

Dr. Genc
Placentia

Connie Coleman
Garden Grove

Sally Tuhonen
Brea

Bill Flaherty
Fullerton

Bernie Gordon
Placentia

99 Cent Only Store
Yorba Linda

Dr. and Mrs. Al Gobar
Fullerton

Jordan DiVito
Placentia

Cathleen Berry
Placentia

Mission Hospital
Mission Viejo

Samantha and Victoria Brayer
Anaheim

In-N-Out Burger
Irvine

Disney Ice
Anaheim

Fountain Valley Skating Center
Fountain Valley

Albertsons Community Partner
Boise, ID

HAPPY BIRTHDAY

Julia Munoz	10/3
Helen Griffis	10/4
Lara Edgar	10/6
Laura Torres	10/12
Rhet Peterson	10/15
Vy Nguyen	10/21
Shannon Watson	10/22
Suzanne Laros	10/23
Matt Kempton	10/24
Ruth Haiduc	10/26

Mentors/Kids Enjoy Fun Day in Sun at End of Summer CYS-PT Picnic Blast

It was a day of fun, food, camaraderie and games. Not just one or two, but a total of ten. Beginning with bingo and ending with a very messy, but laughter-filled egg toss, mentors and kids enjoyed a marathon of cakewalks, hula-hoop relays, and games that involved water, eggs and endurance. For a visual review of the day's events, please see photos below.



One, two, three...TOSSI!

CYS-PT mentors teamed with the kids to determine either how far they could toss a water balloon or how wet they could get each other. Participants include (left photo, from left) mentors Sharon Claudius, Shannon Watson, Urvashi Iyer and Melanie Lamoureux, and (right photo, from left facing camera) Adrienne Davalos, Aspen Community Services Volunteer Coordinator, and mentors Janet Peters and Ruth Haiduc.



And the Games Continue

Mentors Phil Schreiber, Scott Haiduc and Ruth Haiduc (left photo, from left) enjoy a respite from the games while (right photo, from left) Michael Coffey and Jeannette Luevanos work their way through a hula hoop.





Water Bottle Antics

Having cold water dripped on your forehead may not be the most comfortable way to stay cool on a hot, summer day, but it works!



Bingo, Wheelbarrow Races, Egg Toss and more
Mentors John Muse (above) and Ozgun Tumer (center)
relax with Bingo. A mentor and mentee (right) join forces
to make a fast dash to the finish line. Playing a game of
egg toss are mentors Nancy Bresnan (lower right) and
Sharon Claudius (far lower right).



Guide for Handling Emotional Crisis Situations

While serving as a CYS-Project Together mentor, there may be the rare occasion that you hear or witness the client or the client's family experiencing an emotional crisis. The most likely time that you will witness a situation of this nature will be when you:

- 1) Call the child's home to schedule an up-coming outing
- 2) Pick up the child to go on an outing
- 3) Drop off the child after an outing.

It is important to understand that usually, most "crises" will not be physically threatening to the child or adult and as such, you are not asked to intervene. Rather, you are asked to utilize good observational and listening skills so that you can accurately relay your observations back to the therapist and volunteer coordinator.

The following are three scenarios that could occur and that can be considered emotional crisis situations.

- **Scenario #1:** When calling the child's home to schedule an outing, you are confronted with an angry, hostile or unreasonable parent or client.

Solution: Should you encounter a situation of this nature, it is best to listen for a short time to the speaker and then firmly and politely refer the issue back to the therapist.

- **Scenario #2:** When arriving to pick the child up for an outing you overhear loud or angry voices coming from the home.

Solution: It is best to wait outside for a few moments until the emotional level decreases, then ring the bell and announce you are there to take the child on an outing. Do not attempt to engage the family to find out what happened. Also during the outing, the child may or may not wish to tell you what happened. Allow the child to process feelings in his or her own way.

- **Scenario #3:** When you return the child from an outing, you overhear threatening, loud or angry voices from the home.

Solution: Gently but firmly, guide the child back to the car. Wait a few minutes until you feel the emotional level of the family has diminished. Ask the child to remain near the car, then go to the door and let the person that answers know that you are returning the child.

If at any time, you believe the client or parent may be endangering his or her life or the lives of others, you are directed to call 911 and make your report. If you are at the

child's home and you believe the situation is physically threatening, go to your car and use your cell phone, or go to the nearest pay phone and inform the police of your location.

For all other emotional emergencies

1. Call and alert the therapist. If you call and get a voice mail, leave a complete and detailed message. The therapist will call you back as soon as they are able.
2. If the emotional emergency occurs during normal business hours and the therapist isn't available, call the clinic's general telephone number and ask to speak to the Officer of the Day, (O.D.) and make your report.
3. If the emotional emergency occurs after regular business hours, call the County of Orange, Evaluation and Treatment Services (E.T.S.) at (714) 834-6900 and make your report.

IMPORTANT: Call your Volunteer Coordinator as soon as possible. If they are not available, or you call after hours, leave a complete and detailed voice mail about the emergency.

Please keep in mind that an emotional emergency can be upsetting. As such, it's important to view the safety of the child as your primary concern. Understand that as a result of a call you make, the police or emergency evaluation teams may take the child into custody. However, this action is to protect the safety of all concerned, including you. Also, remember to report your observations to the child's therapist and your volunteer coordinator, as they will be available to provide you with support and guidance.

Wendy Callahan Made A Difference

(continued from page 1)

mentor program in July of this year, however the two decided to continue to correspond and remain friends. Wendy was also preparing to leave for Virginia where she was to be married.

Sadly, on August 24, after leaving her engagement celebration in Virginia Beach, Wendy Callahan was killed, along with her future mother-in-law, in an automobile accident. Their car was struck broadside by another car that had sped through a stop sign.

"Wendy never wanted to be labeled as a democrat or a republican, but as a humanitarian," recalled Sarah. "She wanted only to improve the lives of others and bring them what happiness she could. I always envied and admired the way my friend recognized her dreams and followed them, regardless of how impossible or silly they may have appeared to others. She never had to regret a chance not taken."

Wendy will be missed.

Mentoring Matters

WELCOME NEW MENTORS

North	Melissa Capasso Susan Payne
South/ Costa Mesa	Laura Torres Denise Wagoner
South/Laguna	Catherine Spencer Robert Koebnitz
Aspen	Chris Barrett Jennifer Combs Dustin Harris Angelina Locasio

THANKS TO THOSE WHO HAVE MOVED ON

South/Laguna	Elarian Anderson
East	Heather Dion Robin Jordan
West	Gina Hernandez
Aspen	Polly Nirvath Trevor Persaud Christine Ruby Rosa Zamarripa

Sierra Club Outing Planned...

A wilderness adventure hike is scheduled for CYS-Project Together mentors and the child or teen they mentor for Saturday, October 18 from 9 a.m. to noon at the James Dilley Preserve in Laguna Canyon, Laguna Beach. Participants will have an opportunity to



learn how to prepare for and enjoy the outdoors from Sierra Club wilderness experts during this autumn outing.

To make the most of the adventure, mentors and youth are asked to wear a hat, light colored clothing and sturdy shoes (no sandals), bring a plastic bottle of water along with a simple lunch, and use sunscreen on your face, neck and arms. Plan to arrive at the location at least 15 minutes early since the hike will begin promptly at 9 a.m.

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Children and Youth Services/Project Together
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www.ochealthinfo.com/behavioral/cyspt

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Diane Prescott

To submit an item for the Newsletter,
please call (714)796-0100 or email cys-
pt@hca.co.orange.ca.us.

Reservations are limited and will be accepted through Friday, October 10, on a first-come, first-served basis. When making reservations, please leave your name, the name of your mentee and your phone number. Prior to the outing, you will receive a packet that includes parent permission forms, important safety tips and a map to the location. For more information, or to make reservations, please call (714) 796-0100 or email

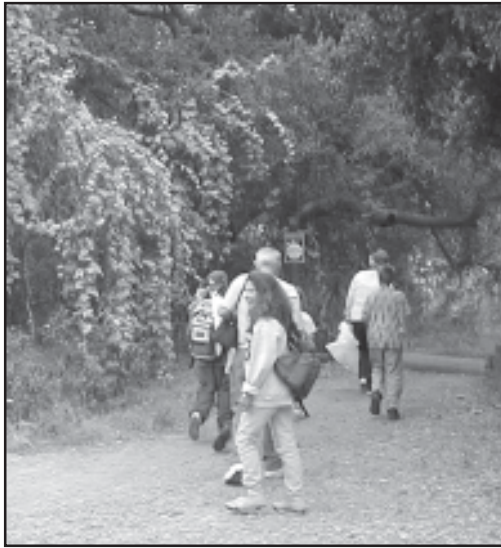
CYSPT@hca.co.orange.ca.us.

Mentoring Tips and Tidbits Building a New Relationship

The following guidelines, which are discussed during mentor trainings, can help to build trust and develop responsible behavior during the early stages of a relationship.

- Be friendly. Share information about yourself to help your child get to know you better.
- Be a good listener. Show sincere interest in what your child tells you about him or herself.
- Let your child help you choose activities for your visits. Try to suggest activities where the child will find success. Compliment the child if he or she does a good job.
- Be clear and consistent about your rules or limits. Your child will feel more secure if he or she knows what to expect.
- Be sure to follow through with all commitments.
- Remember to be punctual.
- Be a positive role model.
- Be non-judgmental
- Try to be comfortable with, and sensitive to, the child's quiet times.
- Spend some time getting to know the child's parents. This will help them to feel more comfortable about developing a friendship with their child and to become more supportive of your involvement.

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SIERRA CLUB HIKE REMINDER

October is the ideal time to enjoy a hike among nature with Sierra Club members as your guide. Reservations for this special mentor outing on October 18 are a must and need to be made by October 10 by calling (714) 796-0115. For more information, please see the story on page 7.

How to Contact Children and Youth Services—Project Together

General Information

Phone: (714) 796-0100

Website: www.ochealthinfo.com/behavioral/cyspt

Email: CYSPT@hca.co.orange.ca.us

Central Staff

Sharon Modaff, Service Chief I (714)796-0100

Nancy Robins, Program Supervisor I (714)796-0115

Martha Murphy, Volunteer Coordinator (714)796-0121

Peggy Evans, Volunteer Coordinator (714)796-0117

Regional Volunteer Coordinators/ Resource Specialists

East—Veronica Chavez (714)480-6756

North—Sunney Shin (714)577-5422

South/Costa Mesa—Jonathan Schiesel (714)850-8444

South/Laguna—Lee Boon (949)499-8614

West—Diane Prescott (714)896-7570

Aspen Community Svcs.—Adrienne Davalos (714)565-2830

The Health Care Agency/Behavioral Health Services/Children and Youth Services provides mental health treatment for emotionally and behaviorally disturbed youth and their families throughout Orange County. CYS-Project Together is a volunteer mentor program for CYS children and teens. The program also offers supportive resources to clients and families to assist them in achieving treatment goals. The program operates cooperatively with its community partner, the Mental Health Association of Orange County.



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Behavioral Health Services/Children & Youth Services

CYS-Project Together *Highlights*

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